

Understanding Introduction to Yoga

Chapter 3: Introduction to Yoga · Topic 1

Key Concept

The Tree Pose is done by standing on one leg while the other foot rests near the standing leg, with arms raised like branches. The Butterfly Pose is done sitting down, joining the soles of our feet together, and gently flapping our knees like butterfly wings.

Yoga also teaches us to breathe slowly and calmly, which helps us feel relaxed and peaceful.

Another simple pose is the Cat Pose, done on hands and knees, gently arching and rounding our back like a stretching cat.

Practising yoga regularly can help improve our balance, flexibility, and ability to stay calm, even when we feel excited or upset.

Quick Revision Notes

- Yoga is a gentle exercise for flexibility and calmness.
- The Tree Pose is done standing on one leg.
- The Butterfly Pose is done sitting with feet joined together.
- Yoga teaches slow, calm breathing.
- The Cat Pose is done on hands and knees.
- The Cat Pose involves arching and rounding the back.
- Regular yoga improves balance and flexibility.
- Yoga can help us stay calm when excited or upset.

Practice Questions

- 1 Practice the Tree Pose for a few seconds.
- 2 Practice the Butterfly Pose while sitting.
- 3 Try taking five slow, calm breaths.
- 4 Show a family member one yoga pose you learned.
- 5 Try the Cat Pose on your hands and knees.
- 6 Practice yoga for five minutes and note how you feel afterward.